

Amazing Fruit Salad

FUN FACT: Romaine, red leaf, and butter lettuce all have more nutrients than iceberg lettuce. Kiwifruit and strawberries both have lots of vitamin C.



Ingredients

- 2 cups washed and torn lettuce leaves (such as romaine, red leaf, or butter lettuce)
- 1 cup drained, canned* pineapple chunks
- 1 cup sliced strawberries
- 2 kiwifruit, peeled and sliced
- ½ cup lowfat, fruit-flavored yogurt
- 3 tablespoons frozen lemonade concentrate, thawed

Preparation

- 1. Place torn lettuce leaves into a large salad bowl.
- 2. Add pineapple chunks, strawberries, and kiwifruit.
- 3. In a small bowl, stir together yogurt and lemonade concentrate.
- 4. Drizzle yogurt mixture over salad. Serve.

Makes 4 servings.

One serving equals 1¼ cups.

Preparation time: 15 minutes

** canned fruit packed in 100% juice*